RECOVERY KERNEL

# PROTOKOLE YO KWIMENYERA: 3-MMC.

## 3-Methylmethcathinone (Metaphedrone) — Gukongera ibintu uko bikwiye, imibonero y'uburyoboke, no gukoresha imiduri itandukanye.

*Iki gitabo cyanditswe kuko gufata ibiyobyobye byinshi, nt'ukwicuruzaho, aribyo bigira ingaruka zirenze izindi.*

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**⚠ AMAKWIRA YO GUSHINGIRA KU BUTEGURANZE - NTIBIHERA UBUZIMA. | Ibihe by'inzoba: mwitwarize ku mugenzi wa 912 cyangwa usangire kuri findahelpline.com.**

Kwera kwa 3-MMC, iyo yenyine, si kenshi igice cy'ibintu byaba bibi kurusha ibindi mu gihe umuntu yemeye guhagarika. Ibyo bituma umuntu aba i bwiye ni ukugira inshyuke – imigisha myinshi itangwa mu gihe gito, kandi yo yatumira ko umuntu agomba kuyongera buri 30-60 munota, ahandi rimwe igihe kirenga amasaha menshi, bituma umutima ushimirwa cyane kandi nta n'aho umuntu ashobora guhagarara. Iyi gahunda yubatswe ku byo: kugira ngo umuntu abeho neza mu gihe gishingiye ku mushyuke, kumenya ibintu byakurikirayo, kandi – kuko 3-MMC ishobora kuvanga n'ibindi bitandukanye – kugira inama nziza ku bintu byose.

# Icyiciro 0 - Umutekano Wihariye: Soma Ibi Bwa mbere.

**⚠ UBUMVUGIZO BWA MEDISINI.**

NIBA URI MU GITINDA CYA MIRA NICI GUSHINGE NYUMA YO KWITINDA KURE, REBYANGA: UBUVU BWO KU MANANI, IBIMIRO BY'UMWIHANO BIRENZEYE CYANGIZA, UBUSHYOKE BWAGATI BUKE BURIMO IBIZINA BITAMENWE, IMIVUGANE, UKWIKINGIRA KWABINDIRE, CYANWA KUTAZA KWIBONERA. IBYO NI UBUHINZI BWO KU MASHYIRAHAME – IKIZA GISHOBORA KURENGANA IBIMIRO BY'UMWIHANO N'UBUZIMA. TUMA UMURANGAMENYU WA 912. IBIHERE REZO BIRENZEYE HAGATI Y'IBITINDA, NTIBYABA KU GITINDA CYA NYABUSHINGE GUSA.

**⚠ UBUMVUGIZO BWA MEDISINI.**

Niba ibiyobyobyo byitwa opioids byakoreshejwe hamwe n'ibiyobyobyo bitwaga 3-MMC (harimo na mu buryo bwo gukora imibonano y'ubuzima, aho opioids zakoreshwa kugira ngo umuntu abeho neza), dondere ukurenga kw'amapfa akwiye, cyangwa amafpa agabanuka cyane, amavi meye ku bibiliya cyangwa ibiganaga, no kuba umuntu adatanga icyumweru. Ibi bishobora kuba ari ikizuri cya opioid. Niba hari Naloxone, yongeraho kandi mwitwarire 912 ubusigaye. Ibihumbi by'urupfu rwa 3-MMC rwagaragariye mu myaka ishize, byinshi byakomotse ku kubika ibindi biyobyobyo, cyane cyane opioids n'ibindi biyobyobyo bitanga ingufu.

**⚠ IBONEKA**

Iyi mirongo-mirongo itazatangaza gahunda y'inyangamugayo yo gufasha umuntu kwitera, igihe cyo gukora dosi ya kabiri, cyangwa ibindi bimenyesha byo gutanga muri rusange ku birebya 3-MMC. Kuko ububi bw'iyi kimwezi ni icyo gituma umuntu yumva uko, kandi kigenda gihoraho, aho kugira ngo gishingiye kuri dosi imwe yuzuye, nta buryo bumvikanye bwo gutanga "gahunda nziza" yo gufasha umuntu gukora dosi ya kabiri. Niba hari igihe cyangwa ibindi bimenyesha bitangwa, byagombaga kuba bigomba kugira ngo bikwerekeho ingero

z'ibyago bidashoborwa. Iki gitabo ntikigendere ku bibereye mu buryo bumvikanye. Ahubwo, iki gitabo gishinzwe gufasha abantu kwirinda ibyago byo kuba bari muri "binge" kandi kurema imishinga y'ubuvuzi n'amashyirahamwe atuma umuntu ashobora kugira ubushake bwo guhagarika.

# Icyiciro cya 1 — Kuki iyi gahunda yo guhuza abantu itangirwa ku binge, ntihere cyangwa ibindi by’umwihariko.

**THE CENTURION — Uburyo butuma ko guhagarika ibikorwa by'umunsi ni icyifuzo gikomeye.**

3-MMC ifite igihe kirengana mu maraso (plasma half-life) kihereereho amasaha make, kandi ama effets yayo ashobora gutangira gucika amaze iminota mirongo itatu kugera kuri mirongo ine n'iminuta nyuma yo gufata. Uwo mwanya munini ni wo mpamvu ikiyindi cyaje kuba gikomeye nyuma yo kwirukanwa kwa mephedrone, kandi ni na wo umwanzuro wa nyuma kuvutsa iyi kimwezi usaba uko bitandukanye n'ibindi muri iyi gahunda. Ntarigera hari igihe kimwe "ni igice gishatse, none ube umunsi" nkuko bisanzwe bigenda mu byo gutanga imiti yihuse. Ahubwo, hari session itangira inyuma inshuro zirengeye, ikongerwa rimwe na rimwe, kugeza igihe kimwe – guhagarara kubera ubwijijane, kwirukanwa, umwanzuro, cyangwa mu by'ingenzi. Ibigikorwa byo guhoza ibintu - bigufatanya.

Iyo ni impamvu umwanzuro ukomeye usobanutse ku bushobozi bwo guhuza ibintu, mu by'umwihariko kuri 3-MMC, si uko umanegeje imimerere yo gukira nyuma yaho. Ahubwo, ni uguhugurana, mbere y'igihe, gahunda ikomeye ku buryo iseshya ya session itangirwa gute — abantu ushishura, ibintu ushyikiriza hasi kugira ngo ataboneke, kandi icyo gituma cyakozwe mu isaha nyinshi umwanzuro wo gufata igikoresho kizamuka. Icyiciro cya 6 n'ibikorwa byo kwirinda ibyifuzo bigaragara muri "Recovery Guide" y’inyandiko zifatanyije, byose bishobora kubivuga neza.

# Icyiciro cya 2 - Igihe cy'inyandiko y'ivuka.

| Igihe. | Fenêtre ya bensanzwe. | Ntacyo cyabaye. |
|---|---|---|
| Igitandukaro gikomeye. | Icy’amahe nyuma y’igerageza ya nyuma y’umwanda. | Uburorire bwinshi, guhagarara, kandi cyane cyane kugira uwo mwuka ukomeye wo gushaka ko wirukirwa—iyo ni igihe gikomeye cyane umuntu ashobora gukurikiza iyo gahunda yo kurya ibiyobyobyo ahubwo ntibyongere. |
| Kwerekana vuba. | Umunsi wa 1-5. | Ubwiryane, ubwoba, guhagarara kw'izuba, no kubura guteka; ibimenyetso by'umuvuduko (gutwara umutima, igipimo cy'amaraso gishobora kuba hejuru) bishobora kuguma iminsi itatu nyuma yo kunywa ibintu byinshi, kandi bigomba guhuza muganga niba bidatanga. |
| Kwiyongera. | Ibwihebe 1-4. | Iburwayo n'ubushake bwo kurya bigenda bitegura buhorohoro. |

| Igihe. | Fenêtre ya bensanzwe. | Ntacyo cyabaye. |
|---|---|---|
| PAWS | Kwinshi cya 1-6. | Ubwiryane bwinshi butatemberera no kurara, kandi burangwa n'ibintu bituma umuntu wumva uko, cyane cyane ibintu bifitanye isano n'igihe yari agiye gufata ibintu byinshi cyangwa abantu/ahantu yajyaga. |

# Icyiciro cya 3 — Ese igihe kigira uko ibintu byongera kuba nk'uko byari.

Mu gihe umuntu yakoresha ibiyobyobye gato, kandi buri kanya, ibimenyetso by'ubwa bwije bigenda gukira mu minsi mike. Ariko, ku bantu bakoresha ibiyobyobye bwinshi kandi igihe kirekire, inshyikirahamwe y'ubuhanga bwo guhinduka cyane isanzwe itwara ukugwa kwe kuva ku mategeko 2 kugera kuri 6 mbere yo kuba umuntu yumva ko afite ubuzima bushoborwe neza kandi ashobora kwirinda, ariko hari igihe ibimenyetso byo guhinduka bishobora kugaragara mu gihe gito kuva ku kwezi. Niba umuntu yakoreshaga ibiyobyobye bifitanye isano (Umurongo wa 6), igihe cyo guhinduka kandi gikurikirana uko iyo mvandimwe y'ibiyobyobye itunganyijwe – gukorera ku 3-MMC gusa, niba ari kimwe mu byabyo, bishobora gutuma umuntu arenga igihe cyo kwirinda.

**KWAGIRA UWO YUMVYE.**

Niba wari wararekuranye kandi umwanzuro wa mbere n'iminsi mike zambutse yagaragaye nk'uko byaba bibi kurushaho kurenga ibyo wari ushize imbere, birashoboka ko ari uko stimulant igenda hashinge itangira gukora ku mubiri wagendaga uyongerera igikoresho buri minota mirongo ine. Ibi si ikimenyetso cy'uko icyo kintu kitagakora. Ari crash y'uburyo uburyo bwumvikanye mu Cyandiko cya 1.

# Icyiciro cya 4 — Ibyo Uzigira Isobanuro Ko Ushobora Kugereraho.

- Uruvuye rwa mugabane, ruhita kandi rukaba vuba, bitandukanye n'uburyo ibindi bimenyebwezo bya 3-MMC bigenda gukurikira.
- Uruhwinsi rwinshi rw'inyifato yo gufata dosi yindi mu minota ya mbere nyuma yo kwiruka, kandi iri nyinshi cyane kurusha uruhwa rwinshi n'amabwirwaru araranzanya ubushake bwo gukora ibintu by’umwihariko ku bahanini bamenyweho gutanga ingufu.
- Ibyo bimenyebwishyu byerekeranye n'umuvuduko w'amaraso nyuma yo gukora ibiyobyobyo (umuriro mwinshi, gutera ubwoba) birashoboka ko bigenda kugira imyaka irenga umunsi umwe. Biragombwa guhuzwa kureba icyaba ari iki aho kuyitegerezaho ko byazakira uko ibiyobyobyo byajya mu maraso.
- Niba gukoresha imiti y'ubuzima cyangwa gukora "chemsex" byari mu buryo bw'umuntu, kwisubira ku 3-MMC bishobora kuba intambwe itandukanye n'ibyorezo cyangwa ibimenyetso by'ibindi bitabwa byakoreshwagaho.

# Icyiciro cya 5 — Ubuhamagarano bw'ibimenyiste.

| Jene / Ububiko | Nonese. |
|---|---|
| DRD2 (Taq1A) | Abantu bafite allele A1 bashobora gufata umuti ukongerwa (redosing) nk'icyo cyihariye, kuko bumva ibimenyetso by’ubuzima bigabanuka, kandi uwo muti (3-MMC) udatanga imirimo y'igihe kirekire. |
| COMT (Val158Met) | Iyi gahunda irengera uko umubiri wihagarika ku mvanga z'amashanyarazi (dopamine) kandi igena ibintu byiza bya kinyabuzungu uwo mutwaro usaba nyuma yo guhagarara. Reba inyandiko y’irondoro, Ubugingo bwa 6. |
| MAOA (uVNTR) | Ubwundi bw'ubushoborero bwo gukora ibintu by'umwani mu mubiri bushobora kugira uruhare ku buryo umuntu ashobora kumenya ko yagombaga gukora ibintu by'umwani amaze kuyiruka. |

# Icyiciro cya 6 — Gukoresha imiti zirenze rimwe kandi mu buryo bwo gukora ibintu by'umwihariko (chemsex).

Gukoresha 3-MMC hashingweho kandi kenshi ntibugore mu buryo bw'ubusa. Kumenya ibindi bintu byaba ari bumwe n'ubundi mu buryo buhagaze bifatanya, bitanga uburyo bwihariye bwo guhagarika gukoresha 3-MMC mu buzima.

## 6.1 — Imiti y'ubuziranenge ('Speedballing')

**⚠ UBUMVUGIZO BWA MEDISINI.**

IMIBARAGA MYINSHI YATANGIWE NO KWITABIRA 3-MMC YAGIZE IBIZIMA BY'ABANTU BIHURIYE NA ZINDI MIKUNDA — CYANE CYANE AMAFI, AHINGUZWA KO YAKOREWAGA HAMWE N'IMIBARAGA ITUMA IBINTU BIZAMUKA. GUKORANA IMIBARAGA ITUMA IBINTU BIZAMUKA N'IMBARAGA ITUMA UBUVU BUZAMA BISHOBORA KUGUMANIZA IBIZINA BYA BURYO MURI ZOSE—IMIRIMO Y'IMBARAGA ITUMA IBINTU BIZAMUKA ISHOBORA GUSHINGIRA IMIBARWA YO KWITABIRA YA MAFI, UBUVU BUZAMA NTIBUJYE BUSHIMA KUGERA IGIHE CYO KWITABIRA KUVA. NGERIHO WIFITE UBWO BWIZA, FATA NALOXONE, NTUKORE IBINTU UKWIRANZE, NA NONE BIZWE NK'IKINGA CYA MBERE MU GISHORO NYINSHIMA.

## 6.2 — GHB na Metamfetamine (Ibikorwa bya "Chemsex" cyangwa "Chemfun")

3-MMC akenshi hari igihe yakoreshwa hamwe na GHB n'ibindi bitumvikana mu byiciro byo gukora ibintu bibangiza ubuzima. Ibirungo buri bumwe bwonyine bwahererereyeho uburyo bw'inyongera no kwirinda ingaruka, kandi iyi gahunda itanga amabwirwaruhame ku byo. Niba iri bitewe n'ibyo ukora, urashe usoma ibitekerezo bya "Recovery Kernel" ku nyongera y'amagiya na GHB mu gitabo cyo muri iyi gahunda, ndetse no kuri iyi gahunda. Ibyiciro bya GHB bigira ingaruka zikomeye (harimo n'imyanda), kandi zigomba gushyirwaho ibitekerezo byihariye ku bwumvikane bw'ubuzima, ushobora kubona ayo mategeko mu gitabo cyayo, muri section ya 0.

## 6.3 — Gukoresha imiti mu buryo bwo guhaga intravenously (kuva mu rutubuko) ('Slamming').

Iyo umuntu yakoreshaga 3-MMC mu buryo bwo guhumanya, kwunyura gutuma gukora urugendo rwegashorwa kugira ngo hagereho ibizamini byivanga (HIV, hepatitis C) kandi hakemezwe uko ibice byahumanye byaba. Serivisi ziboneye abantu bakoresha imiti mu buryo bwo guhumanya n'aho ushobora kwishyura amagufuri (needle exchanges) ahari muri biriya biruzindiro bikuru, kandi biguha serivisi zitanga ibisubizo byihariye. Izo serivisi zigatanga serivisi zigarukirwa mu bintu bitandukanye kandi zigaragaza ko ari umwanzuro mwiza wo kwiyamburira kuva ku itangiro, kuko ushobora kubona inkundiye n'ubwo utaratangiye gushakisha uko wakwizera.

## 6.4 — Ibibazo by'umutwe cyangwa ibyorezo by’umubiri byariho mbere.

**⚠ IBONERWA**

Ibyanga by'umuntu cyangwa umuryango ku bituma bigateza akaga, nk'ibicurwa, hypertension (ubuhahamane), psychosis, cyangwa bipolar disorder, bingira urwego runini uko ibyanga bisanzwe biva mu myemerere kuri 3-MMC, kubera ingaruka zayo ku mvyandiko n'imikoresherezo y'ubwonko. Niba iri ntambara igutwara, nubwire umuganga uwo ari we wese ushobora kugufasha - kandi biroroshye kumenyesha ko iyi ntambara ituma ibyanga bisanzwe biva mu myemerere, kandi bitangaza n'ibyo ugomba gukurikiriza mu buzobuzi.

# Icyiciro cya 7 — Gukoresha Uburyo bwo Guhuza.

| Iki cyerezo. | Pattern | Ibi bintu uyu butumire buvuga ko ugomba kuba:<br>* Gukora ibyo usabwa.<br>* Kwirinda ibintu bibi.<br>* Gusobanurira abandi iby'iyi gahunda.<br>* Kugira urwibutso rw'iby'ingenzi.<br>* Kubaza igihe udasobanukiwe.<br>* Kumenya uko wakoresha iyi gahunda mu buzima busanzwe.<br>* Gukora ubushobozi bwanyu kugira ngo mugire ubuzima bushoborwa n'iyi gahunda. |
|---|---|---|
| 1 — Ibyishoborwa. | Gukoresha inshuro imwe cyangwa ebyiri gusa, igice kimwe gusa, ntikagombwa ko ukomeza kuyikoresha. | Ibigize ibicurango byo gufasha mu kwirinda no kuvuka bushya, bigaragaza uburyo bwo gushyira hamwe imimerere y'umubiri, ni byiza cyane; mugomba kureba umuganga niba hari icyangombwa gikoresha amaraso. |
| 2 — Gukoresha ibintu by'umwiharik o rimwe na rimwe. | Gukoresha igihe gitoranyije, cyane ko hashingiwe ku kugaburuka kimwe. | Same as above, with attention to Section 6 if any co-used substances are part of the pattern |
| 3 — | Amafoto y'ibikorwa | Ubuvuzi bw'abaganga buhamagariwe, |

| Iki cyerezo. | Pattern | Ibi bintu uyu butumire buvuga ko ugomba kuba:<br>* Gukora ibyo usabwa.<br>* Kwirinda ibintu bibi.<br>* Gusobanurira abandi iby'iyi gahunda.<br>* Kugira urwibutso rw'iby'ingenzi.<br>* Kubaza igihe udasobanukiwe.<br>* Kumenya uko wakoresha iyi gahunda mu buzima busanzwe.<br>* Gukora ubushobozi bwanyu kugira ngo mugire ubuzima bushoborwa n'iyi gahunda. |
|---|---|---|
| Umushingira wa "binge" usanzwe. | by'amaminuza ahandi, aho umuntu yakoresha igifuti cyangwa ibindi bitandukanye inshuro zirengeje rimwe mu isaha. Ibi biba burundu. | cyane cyane iperereza ry'umutima kubera ingaruka zakumikanye ziterwa no kunywa ibinyobwa byinshi. |
| 4 — Gukoresha ibintu byinshi byera/gukora imibonano mu buryo bwinshi/gukoresha imiti ebyiri cyangwa zirengeje. | Kwihangana cyane, kandi akenshi bigizwe na GHB, methamphetamine, opioide, cyangwa gukoresha ibintu mu buryo bwo guhaga. | Ubuvuguzi buhagazeho ni ingenzi; hanyurwa ibindi bintu byose byatandukanya umuntu, ntihagire gusa ikiryamu cya 3-MMC - reba Icyiciro cya 6. |

# Icyiciro cya 8 - Ibyakorwa mu Kwivuza no Gukira.

Ntabishoborwa bifashijwe na FDA (agence y'ibintu byubutore mu Busharaburi) ku kurwanya ubujiji bw'umuti wa 3-MMC cyangwa ibindi bitunze, kandi nta porotokole yihariye yo gufasha umuntu gukira uburaya bwa iyi mvura. Kubera ko gufunga imyanya y'amaraso byatanga ingorane zikomeye, inyandiko zigaragaza ubuzima bw'umutwe n'ubwonotewe ni icyifuzo cyiza kuva ku butaha, kandi ndetse no mu gihe ushaka kureba uko umuntu yabyariye iyi mvura. Ibi birenze gusa gutanga ibisubizo ku buryo umuntu yanyoye iyi mvura - by'umwihariko, niba umuntu yari afite uburoropuro bw'imitima, ububabaro mu mutwe, cyangwa igipimo cya vuba hejuru.

**⚠ IBONEKA**

Iyi ngingo itazagaragaza amakarato agomba gukurwaho burongozo, igihe cyo gufata imibereho y'imiti, cyangwa uko iteka. Umuganga ushobora kureba uburyo byakwerekeye, ubushobozi bwawe, n'ibindi bitandukanye, ni we ufite ububasha bwo gukemura ibyo bintu.

### Ibyo ushobora kwitwara muri iyo nshyikirizo:

- Ubwumvikanye ku gihe cy'amasaha umuntu ashobora gukoresha ibiyobyobye, uko akenshi umuntu yakongera igiciro (redose), n'uburyo umuntu yakoresha ibyo biyobyobye.

- Ibiribazo by'inyangamike zindi, cyane izifashishwa hamwe n'imiti y'ubusugire, ibindi bimenyebwa bifatwa nk'ibyihindura imikoro, GHB, cyangwa itabi.
- Hari ibimenyetso birimo iby'umutima byatangiye cyangwa zagaragara mu gihe cyo gukora "binge" (kwangiza umubiri) cyangwa nyuma yabyo, ndetse n'ibyo yatayeho.
- Niba umuntu yifashishije imiti mu buryo bwo kuyinywa, byaba ngombwa gukora ibizamini by'indwara zivandikira ku maraso (BBV).

# Icyiciro cya 9 - Ibyakorwa Nyuma y'Ubworoherane (Inyuma y'Ubuvumbuzi).

Iyi gahata itangira nyuma yo gukemura ibibazo bya kimwezo byari bifite ububabaro.

## Levelo 1 — Isoko y'ubuzima.

- 5-MTHF (folate ihuza) – ifasha mu gukora ibimenyetso by'ubwonotewe, kandi bifite uruhare runini mu myihariko itandukanye.
- Magnesium glycinate – ifasha gufata ibyo kurara neza kandi kugira ingufu zirengeye umwihano w'umubiri, cyane cyane nyuma yo gukora akazi kenshi.
- Omega-3 (EPA/DHA) – ifasha gufasha umwuka wa ubwonotsi no gukora neza umutwe, kandi bifite uburyo bwo kuguma mu buzima bwacu buhagije.
- Gukomeza kunywesha umwuka kandi kugira uruzinduko rw'ama minerali mu minsi ya mbere – isaha z'igihe cyo kunywa ibintu byinshi bumara igihe kenshi bigateza ukutaba kw'umwuka, kandi uwo kutaba kw'umwuka ushobora kuzana ububabare bwinshi ku marimbi.

## Levelo cya 2 - Gushyikirwa Ubufasha Bw'ubuzima.

Ubuvugizi bw'umutwe n'ubwonotewe: Niba hari ibimenyetso byagaragaye mu gihe cyo gukora ibintu bibi, hakwiye gukurikirana ubuzima bwo mu marimbe. Ibiganiro ku bushakashatsi bw'ibimenzi byifashishwa mu kuvura ubuvumbuzi (bupropion, NAC, n'ibindi bifatwa nk'ibisubizo kandi bitagombwa) bigomba gukorerwa n'umuganga, bigateganyijwe neza ku bushoborwe bwawe no kuri byose ushobora kuba wifashisha.

## Levelo ya 3 — Kugenga Ubwonotewe bw'umwijima no Gushyira Ibiranga mu Mahanga.

- Guhagarika cyangwa kwimura ububere mu buryo butunguranye ni icyiciro gikomeye kandi gifite ingaruka zirenze izindi, kuko uburyo ibintu byifashishwa buri gihe bwaherukiranya n'ibyo bituma umuntu yongera kuyakoresha, nkuko byavuzwe mu Cyandiko cya 1.
- Ibyo kuruka buri munsi no gukora imyitozo ngororamubiri uko bikwije – bifasha gufasha ubuhanga bwo gushira mu mwanya, no kubungabunga neza umuvuduko w'amaraso nyuma yo kugira ingorane ziterwa no kunyara.
- Guhugurana neza ku byiciye bisanzwe - amapike ya "chemsex", ibindi bitaro, abantu bamwe - no gushyira mu bikorwa impinduka z'imibereho, bidasigara kuri gahunda gusa.

# Icyiciro cya 10 - Gushakira Ibihe By'Ubwiza, Bishyizweho Neza.

**UBUMVUGIZO BWA MEDISINI.**

Jya kw'ibigo by'abaganga mu buryo bwihutishije: kubura no gutwara umuhoro, ukubara cyangwa ukugenda nabi k'umutima, igiciro gikaze cyane cy'umwuka mwinshi, imyenyururu, ubushyuhe bukomeye, kwangirika, cyangwa guhagararwa. Ibi bishobora kuba mu gihe cyo gukoresha ibiyobyobyo cyangwa mu masaha amaze nyuma yo.
Niba hari icyabyobozi (opioids) cyakoreshejwe: kubura no gutwara umuhoro, amavi y'ibiti cyangwa ibiganza, kwanga gusubira – hanyuma ukoreshe Naloxone, niba ushobora, kandi witabire 912.
Mu gihe hari imimerere yo guhagarara, ubujinya, no kutamenya urwibutso, nta bintu byo gukorera mu buryo bwihutishije, ariko ugomba kwitaba muganga mu munsi umwe.

# Icyiciro cya 11 — Itabare ry'uburyo bwose bwo gukora.

| Ibi bishobora kwerekeye kuri wewe. | Reba. |
|---|---|
| Ibyo bituma umuntu gukira no kubaho nyuma yo gufata 3-MMC, by'umubiri n'ibintu bifatwa mu mizi y'umuntu. | Recovery Kernel — Ibindi by'ukugira ubuvuzi bw'umwana washize mu birungo, umuti wa 3-MMC (igihembwe gishobora gufasha). |
| Gukoresha ibiyobyobye by'umwiharuro hamwe n'ibindi. | Recovery Kernel - Ibyiciro byo guhagarika: Methamphetamine. |
| Gukoresha hamwe ibinyobwa GHB, GBL, na 1,4-BD. | Recovery Kernel - Iminoganzurwa y'inyandiko yo guhagarika: GHB. |
| Gukoresha imiti y'ubusugire hamwe n'imiti yo gufasha kuruhuka. | Recovery Kernel - Ibyiciro byo guhagarika: Imiti itanga ububabare (Opioïdes). |
| Ibinyiruko by'umuti bifite imikundiye y'isukari (synthetic cathinones) ni imiti itanga ubwoba. Ziba zifite ibiyobyobye bitandukanye, kandi umuntu ushyira mu gahinda ashobora kutamenya neza icyaba muri iyo miti. Ibinyiruko byo mu bwoko bwa synthetic cathinone byakoreshwa n'abantu benshi, ariko birimo ibiyobyobye bituma umuntu yishimira, kandi bigera ku mutwe no kumagara.<br><br>Ibinyiruko byo mu bwoko bwa synthetic cathinone byaba bifite ingaruka zikomeye ku buzima bw'umuntu, harimo:<br><br>* Umutuzo<br>* Uburare<br>* Ukubabara<br>* Ukwiyandura<br>* Ibihumbi<br>* Guhagarika umwana mu nda<br>* Kwitera<br>* Kwangirwa bidasobanutse | Recovery Kernel — Ibuye y'imiti y’ubusore itangaza. |

| Ibi bishobora kwerekeye kuri wewe. | Reba. |
|---|---|
| Ibinyiruko byo mu bwoko bwa synthetic cathinone kandi bigera ku mutwe, kuko bituma umuntu yishimira. Ibi bishobora gutuma umuntu akoresha ibiyobyobye byinshi, kandi ashobora kwangirwa cyane.<br><br>Niba ushoboye gukoresha ibinyiruko byo mu bwoko bwa synthetic cathinone, ni ngombwa ko ufatanya n'umuganga. Umuganga azakwereka uko ukwiye gukorerwa kugira ngo ugire ubuzima bushoborwe.<br><br>Niba ushoboye gufata ibinyiruko byo mu bwoko bwa synthetic cathinone, ni ngombwa ko ufatanya n'umuganga cyangwa umwiteguro w'ubuvuzi. | |
| Gusubirira imyuka. | Compendium Ikuru – Protocole 09, Ibuye by'Uburyo. |
| Gusubiramo ibikorwa by'ubuhanga / kugabanyiriza ubwumvikane. | Compendium y'ingenzi - Protocole 05 |

# Icyiciro cya 12 - Gusoza.

**UBUKERERWA**

Ibyo bituma umuntu atabasha kureka 3-MMC si uko inzara y'ibintu by'umubiri itwara igihe, ahubwo ni uko iyo ntangazina iyobora umuntu kugira ngo abeho kugira ngo afate "indi" buri kanya, amasaha menshi. Kwemeza ko ibyo ari uburyo ntangazina ifite, bidatanga ikibazo cy'imimerere y'umuntu, ni icyiciro gikuru cy'intambwe. Ibiranga zose nshika muri Section 6 na Section 9: kwiga neza uko ibintu byagenda mu mwihano w'abaganga, guhindura ibintu umuntu ashobora kugeraho, no kubaka ubuzima bufite ibyiyumvo bya nyabona byakwerekeza - ibyo 3-MMC yashidikanyaga ko yaboneza.